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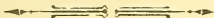
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⇒ A GUIDE ⇒

— TO —

GYMNASTIC EXERCISE,



With explanations for executing the principal movements
on a number of the most popular pieces of Gymnastic Ap-
paratus, including

CHEST PULLEYS,

LEG DEVELOPER,

FORE-ARM DEVELOPER,

NECK DEVELOPER,

ABDOMINAL AND

GIANT PULLEYS,

QUARTER CIRCLE, Etc.

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BY

PROF. C. M. WILLIAMS,

Issued for the use of members of the Young Men's
Christian Association, of

ST. LOUIS.



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CHEST PULLEYS.

ANTERIOR MOVEMENTS.

POSITION.—Stand erect facing the pulleys, the head well up in the air, the chest thrown out and shoulders back. The arms are extended in front, the hands grasping the pulley-handles, the palms turned down. The legs are straight, with feet spread slightly apart, to allow of “grip” on the floor. The heels touch a line running at right-angles to the extended arms. Keep the arms and legs straight throughout all the anterior movements.

FIRST MOVEMENT.—Bend forward and downward without jerk, carrying the hands down to the floor and then resume position. Repeat.

SECOND MOVEMENT.—Carry the hands down to side of thighs, keeping the body erect, bringing the shoulders well back, and then resume position. Repeat.

THIRD MOVEMENT.—Keeping the arms straight, carry the hands high up in the air over the head and then resume position. Repeat.

ANTERIOR ENDINGS.

FIRST ENDING.—Position with the palms turned up. Bending the arms at the elbows, carry the hands in a curling manner back to the shoulders and then resume position. Repeat.

SECOND ENDING.—Position with hands turned in. Fold the arms close to the body, carrying the left hand under the pit of the right arm and the right-hand over the left shoulder. Repeat with position of hands reversed.

LEG DEVELOPER.

POSITION.—Back to the wall board, legs straight, right foot in stirrup.

FIRST MOVEMENT.—Carry the right foot up in front, keeping the legs straight till it assumes a line at right-angles with the supporting leg. Repeat, and alternate with left foot in stirrup.

SECOND MOVEMENT—Position with right foot in stirrup, bending the leg, carry the knee well up in the air, and then push down to starting position. Repeat, and alternate with left foot in stirrup.

THIRD MOVEMENT.—Position with left side to wall board, right foot in stirrup. Carry the leg outward and upward and then back to starting position. Repeat, and alternate with right side to wall board and left foot in stirrup.

FORE-ARM DEVELOPER.

SUPINATING MOVEMENT.—Hands grasping the bar with palms turned up. Roll the bar and unroll with hands in this position. Repeat.

PRONATING MOVEMENT.—Hands grasping the bar with palms turned down.—Roll and unroll the bar with hands in this position. Repeat, and alternate with right hand prone and left supine, and then reverse this with right supine and left prone.

NECK DEVELOPER.

POSITION.—Place the cap on the head, face the pulley with feet spread wide apart, bend forward, placing the hands on the knees.

FIRST MOVEMENT.—Keeping the body perfectly still, carry the head down in front, and then up and back. Repeat.

SECOND MOVEMENT.—Keeping the body still, carry the head toward the right side, then down in front and to the left side. Repeat.

THIRD MOVEMENT.—Position with arms behind back. Swing forward and down, bending the body at the waist, and then swing upward and back. Repeat.

FOURTH MOVEMENT.—Position as in the third. Swing down in front and then to the right side, bending the right leg at the knee, swing down in front and then to left side, bending left leg. Repeat.

CHEST BARS.

POSITION.—The feet are on the floor board, spread slightly apart; the toes bear on the centre of the board. The hands grasp the bars at about three inches below line of shoulders. Keep the head well up.

FIRST MOVEMENT.—Push forward and in strongly carrying the upper part of the body between the bars, raising on the toes and then resume position. Repeat.

SECOND MOVEMENT.—Bend the legs, sink on the toes, sliding the hands downwards and then resume position. Repeat.

THIRD MOVEMENT.—From position raise on the toes, sliding the hands upwards, turning the palms slightly out in so doing, and allow the body to curve forward between the bars, keeping the toes on the floor board. Resume position and repeat.

COMBINATIONS.—These three movements may be combined at the student's will. For example: first, second, third, first and repeat.

SPLIT-HANDLE GIANT PULLEY.

POSITION.—Face the pulley with feet spread wide apart, hands grasping the pulley-handles, palms turned in. Keep the legs and arms straight throughout the following movement:

PRINCIPAL MOVEMENT.—Swing forward and downward, carrying the hands between the legs, turning the palms down and out, turning the head to the right side to avoid the rope. Swing back to starting position, and from that open the hands to side horizontals and at the same time lay well back, bending the body at the waist backwards; then resume position and repeat, turning the head to the left side of rope in swinging down.

ABDOMINAL GIANT PULLEY.

POSITION.—The back is against the wall board, the head, shoulders and buttocks touching it. The arms are extended over the head, the hands grasping the bar or stirrup, palms turned out. The following movement is exaggerated at each change by respectively moving the head, then the head and shoulders, and then the head, shoulders and buttocks from the board and repeating in those positions.

MOVEMENT.—Keeping the body erect and arms perfectly straight, bring the hands down in front till they approach the horizontal, and then, without jerk, allow them to swing back to position. Repeat.

INTERCOSTAL PULLEY.

POSITION.—Face the wall pulley, standing directly under the ceiling block, the arms extended vertically in the air, the hands grasping the handles, palms turned in. Keep the body erect and head well up in the air throughout the following movements:

FIRST MOVEMENT.—Bending the arms, the elbows touching in front, carry the hands well down in front, keeping them close to the body, and as the knuckles touch in front open out to sides, swinging up to the horizontal, turning the knuckles upwards. From that position, allow the hands to swing up in the air with a slightly jerking motion, making the knuckles to touch over the head. Reverse the hands and repeat.

SECOND MOVEMENT.—Reverse of the first. Starting with the knuckles touching over the head, swing down to side horizontals, then bend the arms as they are carried to the front of the body, and then up to position for the first movement, with palms turned in. Reverse the hands and repeat.

LOW ABDOMINAL PULLEY.

POSITION.—For first movement, face the pulley, legs straight, heels together, toes turned out, the hands grasp the bar, palms turned down. For second movement, stand facing and close to the pulley, arms bent in front, hands grasping the bar, which is close to the body, palms turned up.

FIRST MOVEMENT.—Keeping arms and legs straight, bend forward and down, carrying the hands to the floor and then high up in the air. Repeat.

SECOND MOVEMENT.—Raise the heels from the floor and sink on the toes, then extend the body, keeping on the toes and push the bar high up in the air. Repeat.

ROWING PULLEY.

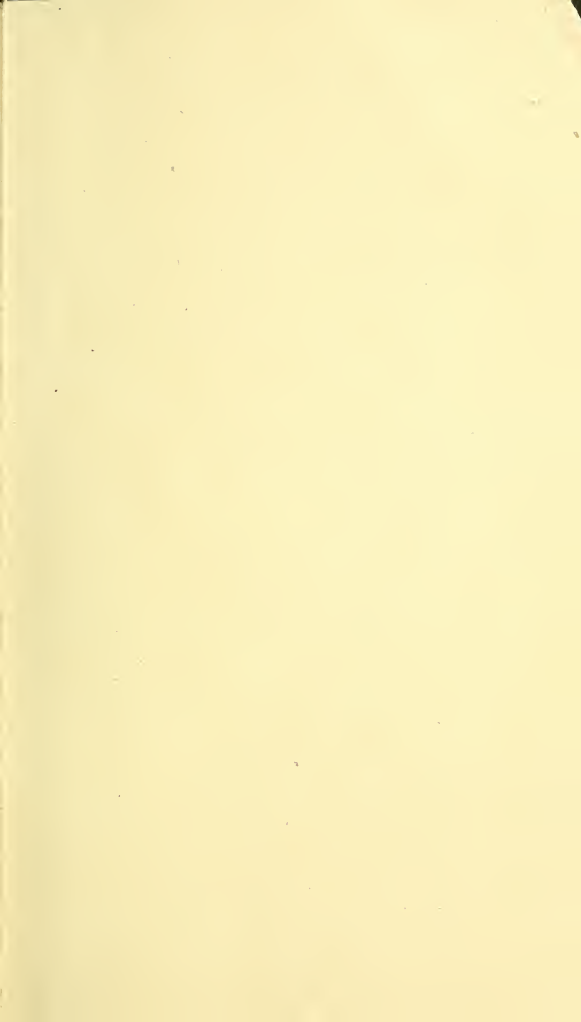
POSITION.—Sit in the truck with feet in the straps and knees together, hands grasping the bar, palms turned DOWN.

FIRST MOVEMENT.—The ordinary rowing stroke, sliding toward the foot-board, bending well forward, doubling up the legs; from that straighten out to position. Repeat.

SECOND MOVEMENT.—Side stroke, sliding forward as above, and in sliding back, carry the hands to the right side then forward again, and carry the hands to the left side as you straighten out. Repeat alternately.

THIRD MOVEMENT.—After sliding forward as above, straighten out and lay well back, carrying the hands high in the air, keeping the arms straight. Repeat.

FOURTH MOVEMENT.—Sit still in the truck; lay well back, and without bending arms or legs, carry the hands high up in the air and down over the head. Repeat.



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